



## CATCHing Healthy Habits for adults 50+

### Join the fun getting fit and enjoy healthy food!

Sign up for this fun interactive class and learn easy, creative ways to eat healthy and get moving at your own pace. Participants will enjoy delicious, nutritious snacks, and learn how to play fun games that get everyone moving at their own pace. Practical tips on healthy eating and physical activity will be presented. Participants are welcome to attend one or both sessions.

#### Wednesday, August 10, 1:30-2:30 p.m.

##### **Stay Regular - Enjoy the Power of Fiber in Your Diet:**

Come learn how foods rich in fiber boost health and help to maintain healthy function of the digestive system. Participants will enjoy a healthy snack and experience low-impact exercises to increase physical activity, an important component of weight management and health. Attendees will receive a free health guide with recipes and tips for healthy living.



#### Wednesday, August 17, 1:30-2:30 p.m.

##### **Shake the Salt Habit - Limiting Salt in Your Diet:**

Come learn how foods high in salt sneak into our diet and effective ways to reduce them. Participants will enjoy a healthy snack and experience low-impact exercises to increase physical activity, an important component of weight management and health. Attendees will receive a free health guide with recipes and tips for healthy living.



#### **Senior Advocate Office**

**9800 Government Center Parkway, Chesterfield**

**To sign up, call 804-768-7878 or email [LeidheiserD@chesterfield.gov](mailto:LeidheiserD@chesterfield.gov)**

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